

ROSEN METHOD BODYWORK
PATIENT DISCLOSURE -- PAMELA SEAWELL, PRACTITIONER

I, Pamela J. Seawell, am a certified massage therapist (CMT) and Rosen Method Bodywork Practitioner. I am not a licensed physician. Massage therapy and bodywork services are not licensed by the state of California. I am registered as a massage therapist with the California Massage Therapy Council (CMTC). I hold a business license with the City of Pleasant Hill, as a somatic coach and Rosen Method Practitioner. I practice at 395 Civic Drive, Ste E, Pleasant Hill, CA 94523.

I offer hands-on healing in combination with supportive language that reflects, or mirrors, the state of the whole person as perceived through gentle touch, non-judgmental listening, and focused observation. Rosen Method is not about assessment, evaluation or diagnoses of physical or emotional problems and conditions. The Rosen Method is a gentle form of self-discovery. With heightened awareness and a dedicated listener, the client can reflect on their inner truth while acknowledging the barriers that have them shy away from seeing or feeling that truth. This allows for greater awareness, choice and new possibilities.

Rosen Method bodywork, like other somatic disciplines, is based in the belief that you are whole and complete, and a unique expression of body-mind and spirit. You may seek somatic bodywork for personal growth, stress management and/or for improved vitality, flexibility and well-being. Your improved health and well-being is an expression of the deepening awareness, acceptance, and personal integration available with Rosen Method. Rosen Method bodywork can be a catalyst for transformation, change and personal growth.

The Rosen Method addresses unconscious thoughts and feelings that can result in chronic pain, restricted movement, muscle tension, stress, anxiety, discontent, emotional upset and other physical and emotional complaints. Insofar as held emotions or unexpressed thoughts can manifest as pain and tension in the body, I invite the gentle exploration of the thoughts and feelings that surface during your 50-minute session. During your session, I observe changes in muscle tension/texture, and how the breath moves through your body. I witness emotional shifts in your body and monitor changes in facial expression and body posture. Sharing my observations with you during the session can deepen and catalyze your discovery process. I support mind-body/emotional release as part of Rosen bodywork. However, I am not trained to provide psychological support or spiritual counseling.

Rosen Method resembles massage. However, body oils, music, and aromas that can become a distraction to the client's process are not used. How the session proceeds and where I focus my attention on the client's body may vary with each individual. Rosen clients are partially clothed, always wearing underpants; some clients may prefer to wear additional clothing to feel comfortable. The client is covered with a light blanket for comfort and warmth. A session begins with the client lying on their stomach. Later they will be asked to turn over.

I generally begin with a soft hand on top of the cover. As the client begins to relax and become more comfortable, I may turn back the cover to work directly on the skin taking time to observe how the breath moves, where tension is held in the body and, the body posture on the table. Often the client will share something about their experience in the moment and I watch and feel for the body's responses to what is being said. I draw on my own experience, internal awareness and knowledge to assist the client's process of unfolding. My full attention is with my client and I attend to their process with curiosity, not-knowing, non-judgment and allowing. Changes in the body may indicate the client has made a new connection to a memory or felt-sense and nothing more needs to be said.

I have received my training and education at: *Rosen Method: the Berkeley Center* which has been authorized by *The Rosen Institute* to train practitioners and teachers in the Rosen Method. *Rosen Method: the Berkeley Center* has been approved by the Bureau for Private Postsecondary and Vocational Education for the state of California.

California state law requires that you acknowledge receipt of the information provided in this form and that you sign it. You will receive a copy. I will keep the original in my records for at least three years.

My methods of treatment, massage therapy and bodywork, are alternative or complementary to healing arts that are licensed by the State of California. Under Sections 2053.5 and 2053.6 of California's Business and Professions Code, I am not authorized to:

Perform any form of surgery or any procedure that punctures your skin or harmfully invades your body.

Use X-ray radiation.

Prescribe prescription drugs, or recommend that you discontinue drugs that are prescribed by a licensed physician.

Set fractures.

Treat wounds with electrotherapy.

Put you at risk of great bodily harm, serious physical or mental illness, or death.

Imply in any way that I am a licensed physician.

If you have concerns at any time about the nature of your treatment, please feel free to discuss them with me. I recommend that you inform your medical doctor that you are receiving bodywork.

Acknowledgement and Consent to Receive Services

I have read and understand the above disclosure about the massage therapy and bodywork offered by Pamela J. Seawell, including Pamela's training and education. I have discussed the nature of the services to be provided and have completed a brief Health History as requested. I understand that Pamela J. Seawell is not a licensed physician and that massage therapy and bodywork services are not licensed by the state. I understand it is my responsibility to maintain a relationship for myself/my child with a medical doctor and/or a psychotherapist as needed. I have consented to use the services offered by Pamela J. Seawell, and agree to be personally responsible for the fees associated with the services provided to me.

Signed: _____
(client/parent/conservator/guardian)

Date: _____

(name of client)